

Santa Rosa High School Weight Room Safety Rules

These rules must be followed at all times. It is for your safety.

1. You are only allowed to be inside the weight room with an instructor present.
2. Only lift the exercises you have been instructed to do.
3. No horsing around, pushing, distracting another student.
4. Work with a partner that is close to the same strength and encourage each other to improve.
5. You must always use safety clamps when using any plates on any bars.
6. When using plate loaded machines be sure the pin is in properly.
7. Keep your hands away from moving parts or plates.
8. Always use correct form when doing any exercise.
9. Warm up using light weights before lifting heavier weights.
10. Have your partner spot you when lifting free weights.
11. Make sure you have room to do the lift properly, especially with dumbbells lifts.
12. No food or drink other than water is allowed in the weight room.
13. If a machine appears to be broken notify the instructor.
14. Rack all plates and dumbbells after you use them.
15. If you get sweat on a bench or bar it is your responsibility to wipe it clean after you are done.
16. Benches and machines are not chairs and are not to be used as such, do your work out and move on.
17. Do not stay at one machine for a long period of time.
18. Lift slowly and breathe correctly, never hold your breath during a lift.
19. If you start to feel dizzy or light headed, stop lifting and notify your instructor.
20. Be sure your clothing does not restrict your movement during a lift.
21. Keep the weight room clean, if you did not drop it, it is ok to be the one to help clean it up.
22. When leaving the weight room be sure the lights are off and the door is secure.

I have read, understand, and agree to follow the rules for the weight room.

Student Name: _____

Student Signature: _____